



## **PHYSICAL ACTIVITY:**

### ***Fun Physical Activity - Active Play Outdoors***



### **Best Practice Standard**

- For birth to 6 years, provide 2-3 occasions daily active play outdoors, weather permitting

### **Suggestions:**

- Tip: Most of the activities in Active Play for Infants, Toddlers and Preschoolers can be done outside. Bring balls, ropes, trucks, toy stilts, hula hoops and mats if you have them. Bring the music outside and dance and move. Build obstacle courses outdoors. Also, remember to have water readily available.
- Use a blanket for infants to crawl on and bring their toys along. Do the suggested activities outside that were given.
- Have pillow case races or just old materials to pretend they are a super hero or flying a kite. Encourage them to throw this material up in the air and catch it. Ball it up first.
- Jump in and out of hoops.
- Follow Me Game: Where each child takes a turn in the middle and everyone follow them.
- Read and Follow: Have words written on a sheet of paper. One word per sheet. Explain the words and show how to act them out. Have them walk in a large circle watching you. The children will do the word on the card and will watch the teacher for when it changes.